

Abstract

Title: Identification and comparison of movement abilities with respect to age in young soccer players

Objectives: Our primary aim is the identification and comparison of movement abilities, chosen match and tracked by us by elite players of youth categories U8–U12 within domestic as well as international players.

Methods: There were used methods of analysis and comparison to gain particular data. The tests were chosen and modified in a way to verify basic movement abilities by soccer players. For our purposes we have chosen five standardized tests, which are used abroad, too. There are four of them, that measure speed abilities. Altogether, there are three tests that measure speed abilities in different intervals and one agility ability. The last test was directed to find out the specification of motoric skills.

Results: After the assessments of measured data, that were noted in charts, and graphic illustrations we came to a conclusion: with the raising age, raises also the performance of the players, in most cases. From comparing our tests with others we drew a conclusion, that we achieve better results than other older individuals from different sport branches or at unprofessional level. However, compared with an elite selection of older soccer players, we are falling behind.

Summary: The results of research confirmed of increasing trend of linear speed abilities as well as performance of soccer passing with regard of increasing of age.

Keywords: soccer, youth, tests, speed, agility, passes.